

Sensory Games



Juniors/Company/Seniors



15 - 30 minutes



The World Around Us



Game

WHAT YOU NEED

- Blindfolds
- Spoons
- Food assortment
- Tables
- Chairs
- Headphones

These games allow young people to see what it is like to live in someone else's shoes for a short period of time. This will encourage clear communication between the young people, trusting in each other and listening for instructions. In the Bible Jesus was loving and kind to all regardless of who they were. We should learn to treat others the same as Jesus did. While these short games will cause a lot of laughs it will be important to remind the young people that this is a normal day to day for a lot of people that they have never met.

These games could also lead on to having visitors in from charities such as the Guide Dogs.

Sensory racing - INSTRUCTIONS

1. Put the young people into teams and prepare an obstacle course using chairs, tables and anything else you think will be useful in your church hall.
2. Allow the young people to run the course as they normally would and see who wins, if they want to go again that's fine.
3. Now get the team to nominate someone to run the race again, only this time they will be blindfolded, and they can pick someone to guide them. This one will not be a race but for an opportunity for the young people to communicate and trust each other.
4. Talk to the young people about the challenges certain people may face by not being able to see that well.

Food tasting - INSTRUCTIONS

1. Put the young people into teams and prepare small samples of food for the young people to try – please be mindful of allergies!
2. Blindfold a member of the group, one at a time and get them to taste a food, if they can guess it, they will get a point.
3. An alternative version of this game is using baby food and seeing if they can guess what the meal is instead of whole foods.

Lip reading challenge - INSTRUCTIONS

1. Put the young people into pairs and ask one of them to wear headphones.
2. The other young person (who can hear) will be given words to try and tell their partner, who must repeat it back to them.
3. For every right word they will get a point.
4. Allow each pair 2 or 3 minutes each so everyone to have a turn.
5. The team with the most correctly guessed words wins.